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FAX COVER SHEET

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Date: 6/1/05

Pages: 10

To: Stephen R. Crow

Message: Please find the enclosed election and preliminary amendment of (9) pages as a formal response to the election mailed on May 26, 2005.

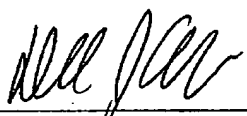
For: Forearm And Wrist Exercise Device

In re application of:) Docket Number: 1203
)
Herman et al.) Group Art Unit: 3764
)
Serial Number: 10/828,714) Examiner: Stephen R. Crow
)

I hereby certify that this correspondence is being faxed to one of the following fax number(s):
703-872-9306 or 703-305- _____ located in the Patent and Trademark Office.

on:

6/1/05



Donald J. Ersler
Reg No. 38,753

Dated:

6/1/05

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re application of:)	Docket Number: 1203
)	
Herman et al.)	Group Art Unit: 3764
)	
Serial Number: 10/826,714)	Examiner: Stephen R. Crow
)	
Filed: 4/16/04)	
For: Forearm And Wrist Exercise Device		

E L E C T I O N & P R E L I M I N A R Y A M E N D M E N T

Commissioner of Patents and Trademarks
Washington, D.C. 20231

Dear Sir:

In response to the Restriction Requirement mailed on May 26,
2005:

Applicants elect without traverse to prosecute Invention I.
Figs. 1 - 2 describe Invention I and claims 1 - 6 are readable on
Invention I.